

**PROGRESSIVE MUSCLE RELAXATION METHODS TO REDUCE
DYSMENORRHEA PAIN IN ADOLESCENT GIRLS
THROUGH VIDEO MEDIA**

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SUMMARY

Background: *The incidence rate of dysmenorrhea in the world is very high, on average more than 50% of women in each country experience dysmenorrhea. The incidence of dysmenorrhea in young women in Indonesia reaches 55%, while the incidence rate of dysmenorrhea in Central Java is 56%. Primary dysmenorrhea experienced by 60-75% of girls, with three-quarters of these young girls experiencing mild to severe pain. Treatment of dysmenorrhea can be handled by pharmacologically or non pharmacologically. Non pharmacological of dysmenorrhea treatment can be implemented with warm compresses, massage, yoga, hypnotherapy and relaxation. One relaxation technique that can be implemented is progressive muscle relaxation.*

Methods: *IEC output in the form of educating about Progressive muscle relaxation therapy for young women experiencing dysmenorrhea. Result: the resulting project in the form of video as an educational media for young girls as effort to reduce dysmenorrhea pain.*

Conclusion: *the video "Let's Overcome dysmenorrhea (menstrual pain) With Progressive Muscle Relaxation" is a product of IEC which is useful for give know ledge and insight for young women who want to reduce the pain of dysmenorrhea. By introducing progressive muscle relaxation movements .*

Keywords: *Progressive Muscle Relaxation Therapy, Dysmenorrhea Pain, Young Women, Video Media.*